





WELCOME TO METRO.US

RISTIN TOUSSAINT, REPORTER

Like many people in New York (and even more around the world), I've been fascinated by the Mandarin duck that frequents Central Park. I follow the Manhattan Bird Alert Twitter account (@BirdCentralPark), which shares lots of stunning pictures of the bird and even has ventured to the Pond in Central Park to try to spot it (but missed him, unfortunately; maybe that was the day he was in New Jersey). Now, there's Mandarin duck merch, and it benefits birds around the world. In fact, all this hype may mean more people are getting into birding in general, which longtime birders say is a good thing. Read more about that inside and at metro.us.

BROWN SUES SHOWTIME, BBC OVER WHITNEY DOC

Whitney Houston's former husband Bobby Brown and the estate of their daughter Bobbi Kristina have sued Showtime Networks and the BBC over alleged unauthorized footage used in a 2017 documentary about the late singer, "Whitney: Can I Be Me." According to a complaint filed on Wednesday with the U.S. District Court in Manhattan, Brown, the R&B singer formerly of New Edition, and Bobbi Kristina's estate never consented to the airing of footage used in the documentary. The plaintiffs said the material is approximately 15 years old,

predating Brown's 2007 divorce from Houston and her 2012 death, and its unauthorized use has harmed Brown, his business and Bobbi Kristina's estate. 'Every person should have the right to control how their identity or likeness or personality, or voice, name or image is commercialized by others," the complaint said. "Whitney: Can I Be Me" premiered in August 2017 on Showtime, a unit of CBS Corp., and the BBC has aired it in the United Kingdom. It draws on interviews with Houston's friends and people who knew her, as well as archival footage

TRUMP TELLS MUELLER NO KNOWLEDGE OF MEETING

President Donald Trump told the special counsel investigating possible collusion between his campaign and Russia that he was not aware ahead of time of a meeting in June 2016 between campaign officials and Russians, Trump attorney Rudy Giuliani said on Wednesday. Trump's response, in written answers to questions posed by Special Counsel Robert Mueller, was first reported by CNN. "Almost all the answers he gave are consistent with what he said publicly, and publicly he said he did not know about it,"

Giuliani said. Trump's oldest son, Donald Trump Jr., has said he agreed to the meeting after being promised damaging information on Hillary Clinton, Trump's Democratic opponent in the 2016 election. Trump's son-in-law, Jared Kushner, and senior campaign aide Paul Manafort also took part in the June 9, 2016, meeting. A spokesman for Mueller declined to comment. Trump, who has repeatedly denied any collusion between his campaign and Moscow, has said publicly he had no prior knowledge of the June 2016 meeting.



NORWAY'S CARLSEN WORLD CHESS CHAMP

Norwegian Magnus Carlsen won the work a fourth time on Wednesday after winning three tiebreakers against U.S. rival and world No. 2 Fabiano Caruana. The 27-year-old defending champion, who collected a winner's prize of 550,000 euros (\$626,065), and his bespectacled opponent had drawn 12 out of 12 classical games through November. That stalemate forced the pair into the faster-paced, best-of-four rapid tiebreakers. "Frankly speaking, in the last couple of years my game hasn't been great," Carlsen

told a news conference. "In that sense, this match and the classical portion was a step in the right direction. "I think I played relatively well and Fabiano is just a very strong player ... I feel like I have things to work on, clearly." The failure of Caruana, 26, to defeat Carlsen means the United States has not won the chess title since the enigmatic and volatile Bobby Fischer beat Russia's Boris Spassky at the height of the Cold War in 1972. Caruana will still collect 450,000 euros for his efforts at The College, a Victorian-era building in London's Holborn.

AIRBNB SUED OVER WEST BANK LISTING BAN

A group of Jewish Americans sued Airbnb Inc. on Wednesday in U.S. federal court, accusing the home rental company of religious discrimination over its decision last week to remove listings for about 200 homes in the Israeli-occupied West Bank. The 18 plaintiffs, including Israeli-American families and individuals who said they own or wish to rent affected homes, accused Airbnb of "redlining" Jewish-owned properties while letting Muslims and Christians rent their homes. They said this effectively left Airbnb taking sides in the dispute over the West Bank, where Palestinians hope to establish an independent state and which Israel captured in 1967, along with East Jerusalem. "We don't believe this lawsuit will succeed in court, but we know that people will disagree with our decision and appreciate their perspective," Airbnb said in a statement. The complaint was filed in federal court in Delaware, where Airbnb is incorporated, and which the plaintiffs said has jurisdiction over the San Francisco-based company's alleged violation of U.S. laws against housing discrimination.





As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

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people with her message of female empowerment and independence, the bronze statue moves to the NYSE.



"Fearless Girl," The bronze sculpture of a defiant-looking girl, with a plaque at her feet that says: "Know the power of women in leadership. SHE makes a difference," was moved on Tuesday night and will be reinstalled in front of the New York Stock Exchange by the end of the year.

State Street installed "Fearless Girl" in March 2017 as a temporary display intended to encourage corporations to put more women on their boards, but after she became a tourist magnet, New York City officials extended her stay.

Immediately the statue of the girl was installed, the artist of the "Charging Bull" demanded it to be removed. He stated that his sculpture was supposed to represent "freedom in the world, peace, strength, power, and love" and that "Fearless Girl" had changed his work into something negative. Mayor Bill De Blasio

announced the plan to relocate the statue in April, stating that the new location would shed more light on the

"At Bowling Green, people will find a plaque with footprints showing exactly where 'Fearless Girl' stood for her first 20 months inspiring not only the next generation of women leaders."

> State Street Global Advisors

statue's symbolism and that it's a much "friendlier area" compared to Bowling Green.

The Bull will almost certainly be moved as well and will very likely wind up reunited with "Fearless Girl," de Blasio's spokesman, Eric Phillips, wrote on Twitter back in April.

In place of the Fear-less Girl, the State Street Global Advisors put a plaque that has two footprints, encouraging people to "stand for her.

"In her place at Bowling Green, people will find a plaque with footprints showing exactly where 'Fearless Girl' stood for her first 20 months inspiring not only the next generation of women leaders but also more than 300 companies globally to add a female director to their previously all-male boards," State Street Global Advisors said in a press release.

The statue will be installed on Wall Street by



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Sanitation Salvage, NYC trash-hauling company involved in two fatal accidents, shutters operations

Sanitation Salvage has surrendered its license and shut down, the company's lawyer said in a letter to the **Business Integrity** Commission.



Sanitation Salvage, a private garbage-hauling company that was involved in multiple fatal incidents, has closed.

Sanitation Committee Chair Antonio Reynoso joined sanita-tion workers with the New York Teamsters Joint Council 16, community members and allies on the steps of City Hall on Wednesday to celebrate the company's shuttering and remember those who died in Sanitation Salvage truck

"Over a year after the death of Mouctar Diallo, Sanitation Salvage, the company responsible for the fatality and its cover-up, has announced that they are going out of business," Reynoso said at

the event. "Today, we join together in solemn celebration of this announcement. However, we know that the fight does not end here. The BIC must ensure that Sanitation Salvage is held fully accountable for their past wrongs, [which] includes the payment of back wages to workers."

On Nov. 7, 2017, Diallo, an immigrant from Guinea, was "crushed to death under the wheels of a Sanitation Salvage truck," ProPublica reported. Workers then lied to authorities, saying Diallo was a homeless person who came

"Today, we join together in solemn celebration of this announcement. The BIC must ensure that Sanitation Salvage is held fully accountable for their past wrongs."

Sanitation **Committee Chair** Antonio Reynoso out of nowhere.

Sean Spence, the driver who hit Diallo, continued to work for the company and in April 2018, hit and killed 72-year-old resident Leo Clarke, who was crossing the street with a cane. Lawyers for Sanitation Salvage sent a letter to officials on Tuesday saying that the company would surrender its license and cease opera-

The Business Integrity Commission (BIC), which is the city agency that oversees the private trash collection business, previously suspended the company's license. The lawyer called that decision "unlawful and ill-advised," and said in the letter that it "doomed" the company.

After the company lost customers because of that suspended license, it was left "with no choice but to surrender its license rather than incur further operating losses," the lawyer wrote.

The BIC said it is working to connect the remaining Sanitation Salvage customers with other trash haulers.

The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

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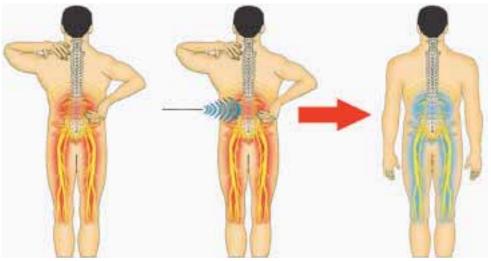
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You should also know this: While NYC Pain MD cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

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The now-famous Mandarin duck makes an appearance on Tuesday at a pond in Central Park. GETTY IMAGES

Like a true celeb, the Mandarin duck has fans, social media presence and merchandise

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The Central Park Mandarin duck's explosive popularity may be getting more people into birding as a hobby, experts say.



Mandarin duck mania is increasing interest in birding, and with new merch featuring the internet's favorite fowl, he's helping benefit birds across the world.

Central Park's Mandarin duck has been the most popular bird throughout the five boroughs since his first appearance on the Pond in October.

That mania, fueled mostly by the Manhattan Bird Alert Twitter account (@BirdCentral-Park, which first spotted the duck and posts frequent photos and videos of the fowl), has yet to wane.

Nature apparel website Kirtlandii, founded by Joe Baider in August, recently launched a line of Mandarin duck merchandise. With every Mandarin duck shirt

sold, \$3 is donated to the National Audubon Soci-

ety.
"I always think of the National Audubon Society as the No. 1 organization when it comes to [protecting] birds, and it was a light bulb moment as shirts were selling — why not use the popularity of the duck to also make a positive impact for other birds?" Baider said.

"You do have some members of the birding community who seem a bit frustrated that of all the birds, it's the Mandarin duck that gets all the attention, because it's not considered a native species," he said. But, Baider added, "I think it's helpful to birding that it [has] generated so much attention."

Baider, 24, started his business because he wanted to express his passion for birding and nature — he would wear shirts featuring his favorite sports teams, so why not shirts of birds? — and help conservation efforts.

When he saw the internet's response to the Mandarin duck, he figured people would want to advertise their love of the bird in what they wear, and he was right.



"I got sales right off the bat — record-breaking sales, actually — and the biggest surprise to me with the sales has been that [they're not all] coming from New York City," he said. "I had sales from Montana, Washington state, Canada, South Carolina."

Once Baider launched the shirts, he was "flooded with requests for different types of clothing, and even products," he added. "People wanted sweatshirts, which I was able to do; tote bags, which I just launched; and I got requests for wool sweaters, but I don't know if [I'll be] able to do that."

He's even received inquiries from people around the world who want their own Mandarin duck merch, but sadly he doesn't ship beyond the U.S. and Canada.

David Barrett, a birder who runs the Manhattan Bird Alert Twitter account, knows that the bird's appeal is international. He's done interviews with BBC and even China News about the

"People see the Mandarin duck as just good. He just shows up, looks great, entertains the crowds, and people love the challenge of going out to try to find him."

David Barrett, birder

Mandarin duck.

"It's something that everyone can like. It's not a partisan issue. The Mandarin duck is beautiful, and people see the Mandarin duck as just good," he said. "He just shows up, looks great, entertains the crowds, and people love the challenge of going out to try to find him."

Despite all the pictures online of the Mandarin duck, it's not often easy to spot him, Barrett said. He moves around to different bodies of water within Central Park and even took a trip to New Jersey.

But that's what birding is all about: the work involved to find the birds you want to see. As more people dip their toes into the hobby by trying to find the Mandarin duck, it's spurring greater interest in birdwatching and conservation efforts in general. Bird-watchers are often thought of as older folks, but the duck's internet fame may be shifting the hobby to younger, more

diverse people.

"People have been attracted to our Twitter based on the Mandarin duck, [but] Central Park is full of much wildlife - beautiful birds most people have never seen,' Barrett said. "That's one of the things we try to show off on our site, the great variety of bird life and nature in Central Park, and people are amazed by it. They don't know you can see owls and all these other beautiful water fowl, like wood duck."

Before the start of the Mandarin duck mania, the Manhattan Bird Alert Twitter had a little over 3,000 followers; now, it has more than 10,000.

"It's been quite spectacular for us," Barrett said. "We're happy to be able to reach more people and show them the wonders of Central Park and all of Manhattan."



Photographers capture images of the now-famous Mandarin duck. GETTY IMAGES



Mandarin Duck NYC Skyline Sweatshirt (left), Mandarin Duck Tote Bag (right)
PROVIDED BY JOE BAIDER/KIRTLANDII





Trump says Manafort pardon 'not off the table'

Trump called his former campaign chair a "very good person.'

President Donald Trump said on Wednesday he has not ruled out granting a pardon to his former campaign chair-man, Paul Manafort, who has pleaded guilty to a range of federal charges from money laundering to unregistered lobbying.

"It was never discussed, but I wouldn't take it off the table. Why would I take it off the table?" the president told the New York Post during an Oval Office interview.

Prosecutors for the special counsel investigating Russian meddling in the 2016 U.S. presidential election said in a court filing on Monday that Manafort had lied to them, breaching a plea agree-

"Manafort commit-



ted federal crimes by "Manafort committed federal crimes by lying to the Federal Bulying to the Federal Bureau of Investireau of Investigation and the Special Coungation and the Special Counsel's Office sel's Office on a variety on a variety of subject matters." Special Counsel Robert Robert Mueller, special counsel Mueller said in the filing. The filing did not same filing that he dis-

give details but promagreed with the special ised more as part of a counsel's assertion that presentencing report. he had lied, but both Manafort said in the sides agreed the court

should move ahead and sentence him for his crimes.

Without a pardon, the 69-year-old Manafort

could spend the rest of his life in prison, experts said.

The breakdown in the plea deal means that Manafort will almost certainly be hit with a harsher sentence - both for the crimes he pleaded guilty to in Washington and for his conviction in August in a separate case in Virginia on bank and tax fraud.

Manafort was likely facing about 10 years in prison for the eight guilty counts in the Virginia case alone, sentencing experts have

But the development also raised speculation that Manafort may be seeking to curry favor with Trump or protecting other associates worked on the campaign.

Trump has been vocal in his support for Manafort, lauding him as a "very good person" during the Virginia trial.

The president sharply criticized the Mueller probe in his interview with the New York Post, charging that Manafort, his former political adviser Roger Stone, and Stone's associate Jerome Corsi were all asked to lie by the special counsel's office. Trump said the three were "actually very brave."

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Pelosi takes big step toward reclaiming House speaker's job

Nancy Pelosi on Wednesday was nominated as expected by fellow Democrats to be speaker of the U.S. House of Representatives, but her level of support may fall short of what she needs for a sure win in January's election for the top job in the chamber.

Pelosi, who made history as the first woman to hold the post when she was speaker from 2007 to 2011, won the Democratic nomination by a vote of 203-32, putting her in contention in the early January contest in which both Democrats and Republicans will vote.

She will need about 218 votes to claim the job as Democrats take control of the House in January after their gains in the Nov. 6 congressional elections. Pelosi is attempting the rare feat of securing the speaker's gavel for a nonconsecutive term.

After the secret-ballot voting concluded, Pelosi said: "I'm proud to be the nominee of the House



Democratic caucus once again for speaker of the House.

Pelosi's top lieutenants, Reps. Steny Hoyer and James Clyburn, were chosen by their fellow Democrats to be House majority leader and majority whip respectively in 2019-2020. The full House does not vote on those appointments.

The small faction of Democrats opposing Pelosi, including a 78-yearold San Francisco liberal, has argued that the party needs new, younger leadership, but the anti-Pelosi group has failed to prochallenge her.

Over the next few weeks, Pelosi will try to win over enough naysayers to nail down a victory in January. On Wednesday, she made progress when she secured the support of a small group of centrist Democrats belonging to the bipartisan "Problem Solvers Caucus" by agreeing to back reforms in how the House operates.

"We're in pretty good shape" for January, Pelosi said.

But at a meeting Pelosi held with other dissenters before her nomination, their concerns were "dismissed outright," Representative Kathleen Rice said in a statement afterward.

Rice told reporters that the members of the Democratic leadership team needed to provide a time frame for when they would retire - a move that could weaken their effectiveness while they serve as leaders. REUTERS



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The Maisel is one of two new sandwiches created for the Carnegie Deli pop-up. PROVIDED

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Mrs. Maisel cordially invites you ...

The Carnegie Deli pops up in Lower Manhattan with 99-cent sandwiches starting this weekend.



EVA KIS eva.kis@metro.us

Not everyone is happy about Amazon coming to Long Island City, but at least they're doing one public service to New York City: reopening the Carnegie Deli — for a week.

The iconic restaurant immortalized in Adam Sandler's "Hannukah Song" opened in 1937 and was known for the photos of celebrities and famous New Yorkers that crowded its walls and the towering pastrami sandwiches on its plates. It closed in 2016, though two locations live on at Madison Square Garden and The Mîrage in Las Vegas. But from Dec. 1-8, the Carnegie Deli will pop back up in Lower Manhattan courtesy of Amazon's Prime Video original series "The Marvelous Mrs. Maisel."

The location is a bit south of its original home in the Theater District: 201 Lafayette St. at the corner of Kenmare Street, open from 11:30 a.m.-8 p.m. Looking just as it would've in the 1950s with the original owners and photographer con-

sulted for authenticity (along with other vintage touches), the Carnegie Deli pop-up is now taking reservations at homeofthemaisel. com.

There's also a takeout counter, if you enjoy participating in New York's actual favorite pastime: waiting in line.

Getting famous enough comes with many perks, and the idea behind reviving the Carnegie Deli is to give Maisel her own namesake sandwich, The Maisel (Carnegie pastrami, salami, coleslaw and special sauce on rye bread). She'll have to share billing with The Susie, as well as mini knishes, pickles, and because it's not a deli without dessert, cheesecake and black and white cookies.

As if reviving a New York City dining icon weren't enough, it gets better: Everything at the Carnegie Deli is priced as though it were 1958, with sandwiches just 99 cents. But the actual price is really a suggested donation, with all proceeds going to the Lower Eastside Girls Club.

Season 2 of "The Marvelous Mrs. Maisel," a series from "Gilmore Girls" creator Amy Sherman-Palladino about a woman trying to make it on the New York comedy scene in the 1950s, debuts Dec. 5 on Amazon Prime Video.

Citing racial bias, Jay-Z seeks to halt arbitration of a trademark dispute against Iconix

Jay-Z on Wednesday sued to halt his private arbitration with clothing company Iconix Brand Group Inc, saying the company's inability to find an African-American arbitrator to hear the trademark dispute was unfair.

The multimillionaire rapper said in a petition filed in Manhattan Supreme Court that the lack of racial diversity among arbitrators at the American Arbitration Association (AAA) was discriminatory under New York's state constitution and a New York City human rights law.

Iconix could not immediately be reached for comment, and a spokeswoman for the AAA declined to comment.

The dispute is the latest in a series of legal wranglings arising from Jay-Z's 2007 sale of his Rocawear clothing brand to Iconix for about \$204 million. Iconix has since written off almost the entire value of the brand, and in 2017 sued Jay-Z in Manhattan federal court over trademark rights. That case remains pending.

S204M

The dispute is the latest in a series of legal wranglings arising from Jay-Z's 2007 sale of his Rocawear clothing brand to Iconix for about \$204 million.

In 2015, Jay-Z, whose real name is Shawn Carter, and Iconix settled some disputes, and agreed to address future claims in private arbitration, according to Jay-Z's petition.

Last month, Iconix accused Jay-Z of breaching the 2015 settlement and demanded an AAA arbi-

But Jay-Z said the AAA found only three poten-African-American arbitrators, out of the hundreds it uses, for his case, and one already represented Iconix in related litigation.

He argued that the lack of "more than a token number of African-Americans" made the arbitration contract void.

"It would stand to reason that prospective litigants - which undoubtinclude minority owned and operated businesses - expect there to be the possibility that the person who stands in the shoes of both judge and jury reflects the diverse population," the petition

Jay-Z, 48, is famous for songs including "Hard Knock Life," "99 Problems" and "Big Pimpin'."

The Brooklyn native has won 21 Grammy Awards, most recently in 2015 for Best R&B Song and Best R&B Performance for "Drunk in Love" with his wife, pop star Beyonce.

In May, a federal judge ordered him to respond to a U.S. Securities and Exchange Commission subpoena related to the Rocawear sale.

The SEC said it was looking in to writedowns by Iconix, and wanted to ask Jay-Z about his personal involvement with the brand. REUTERS



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ISTOCK





Grumble Editor

READER WRITE-INS:

OK, LET'S TALK ABOUT GRAM-

To paraphrase Winston Churchill regarding grammar (specifically, ending a sentence with a preposition): "This is a level of pedantry up with which we shall not put."

There is nothing grammati-



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cally incorrect with saying that something is "so fun." Generally, the construction "so much fun" would be followed by a list of activities that were engaged in that comprised the fun, like, "We had so much fun! We rode the roller coaster, ate hot dogs, and keyed a bunch of people's cars in the parking lot."

"Much" would generally be used to refer to something that is quantifiable, as in, "I ate too much." That would be followed, as above, with a list, like mashed potatoes, turkey, two helpings of stuffing, salad and a piece of pie. However, a single activity could be fun, or so fun, or very fun, or extremely fun.

You could even say that a single activity was "so much fun," although any of them would be correct.

In Britain, they might even refer to something as being

Perhaps a little more attention to the content of what is being said rather than the form

would help Bernadette enjoy life a little more and allow her to stop sweating the small things. English, like most currently-spoken languages, is dynamic, alive, and ever-changing, and many of the grammatical rules we use now were introduced in the last 200 years simply to allow the "upper class" to feel superior. "I

speak properly, therefore I am better." Churchill thought it was bunk 80 years ago, and bunk it remains.

-Anthony Glassman, Metro Philadelphia reader

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SOMETIMES ALL YOU NEED IS A GOOD MEAL

Bad days are inevitable. That's one thing you can always count on as we rotate and glide through space on this rock we call Earth. But as bad as things can get, we should never forget the restorative powers of an amazing meal.



@lisa03755

Good night, Friends. My life is falling apart in 77 different ways, but I feel a little better today after a deep tissue massage, a #sushi #Friendsgiving #brunch & retail therapy (found a bracelet to match my rose gold ring!). #friends #delicious #food #chopsticks #Manhattan #NewYork #NewYorkCity #NY #NYC #Fox5NY #instagramNYC #instagood #ABC7NY #instalike #followMe #TimeOut-NewYork #NYCprimeshot #instagramhub #NewYork instagram #NBC4NY #SeeYourCity #MetroNewYork #Japanese #salmon

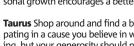
Please remember to send your Humbles to humble@metro.us. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.



metro.us/horoscopes



Aries Listen to your heart and do what comes naturally. Don't trust someone else to take care of your responsibilities or personal matters. Personal growth encourages a better relationship.



Taurus Shop around and find a bargain. Participating in a cause you believe in will be enlightening, but your generosity should not go beyond what you can afford.



Gemini Relationships take work, and without honesty it will be difficult to overcome some of the emotional tension building at home. Avoid overspending and indulgent behavior.



Cancer Spend time with a close friend, sibling or someone you like to share ideas with. Selfimprovement should be a priority. Don't try to change the people around you.



Leo Getting together with people who share your concerns, interests or skills will be enlightening. Get the lowdown, but don't let temptation lead to a needless cost.



Virgo Emotions will surface when dealing with domestic problems and time management. Listen to what others have to say, and consider the best way to satisfy everyone's needs. Be a solver.



Libra Share your thoughts and get things done. Learn from watching others and use experience to do a better job. An unexpected offer will come from a former colleague.



Scorpio Expect the unexpected. Plans aren't likely to turn out as anticipated, but if you are innovative you will find a way to work through any problem that comes along.



Sagittarius Problems while traveling or discussing personal matters will surface. Be aware of what you are up against, and leave plenty of time to assess and react to events with insight and compassion.



Capricorn Keep your personal books in order. Don't feel you must donate to a cause or pay for someone else's mistake. An investment or joint venture will have serious implications.



Aquarius Look for ways to expand your income. A temporary or part-time job will lead to an interesting opportunity. Expand your interests



Pisces Be careful while traveling or when dealing with institutions or authority figures. Letting your emotions take the reins will make you look bad and deter you from getting things done. EUGENIA LAST

Doctors Urge Knee Pain Sufferers "Don't Get ANY Surgery Until You SeeThis..."

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news. Now for some good news...

Over the years, *NYC Pain MD* medic has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

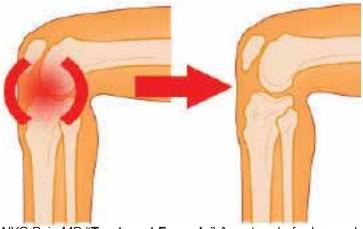
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, NYC Pain MD will tell you what they think your best options are and help



NYC Pain MD "Treatment Formula" A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments without good results. However, NYC Pain MD feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com 877-296-6310



Metro had the opportunity to sit down and chat with producer, DJ and French musician David Guetta on the 28th floor of a Miami hotel with breathtaking views of the beach to talk about the future of electronic music and the release of his new album.



The new record, titled "7," shows Guetta's ability to produce crossovers of dance music with different genres. It includes collaborations with music A-listers, such as Justin Beiber, Anne-Marie and Colombian J. Balvin. The award-winning 51-year-old producer from Paris is known for his collaborations with mega pop and hip-hop artists and this album does them justice.

This is your seventh studio album, hence the title "7." Is there any other meaning behind the title?

The number seven is like a magic number for me. First of all, I was born on a 7th (Nov. 7). It is a feeling of being complete at this stage of my life; there are seven days in a week. It took seven days to create the world, and I like the idea of having a complete cycle.

The first part of the album is pop, and then there's the Jack Back (electronic) part, which is more like going back to what I was doing when I started, that's why I think it's a complete cycle. That second part is more house music.

It's a long album — 15 tracks with an array of stars, and as you well mentioned, 12 additional house tracks, with Jack Back. How long have you been working on this project?

The pop album, a year and a half and the other four months. It's not necessarily easier [the

electronic part], but it's faster, because I do not depend on singers or composers, I'm just creating beats.

You have many collaborators, as you have done in the past with the likes of Sia and Nicki Minaj. Here you work with Jason Durelo, Justin Beiber and others. How hard is it to coordinate so many big stars' agendas? Or do they hear the name "David Guetta" and run towards the opportunity?

It's very difficult! Everyone is very busy, everyone has their ego, everyone has their own taste. So, no, it's not that easy. It really is about music. No one is going to jump into the studio just because it's me. They have to love the album and, of course, the more artists you have, the more complicated the process will be. It's very complicated and it all gets really crazy!

Was that the most complicated part in completing this project? Yes, probably. Because, as I was telling you, when I was doing the Jack Back album, I'm just creating beats. I do not depend on anyone. It's not that it's easier, but I do not have the pressure of having to make a successful album either. The only

"...it's true
that I could
just be a
producer,
but it would
be much less
exciting."

pressure is thinking "is a DJ going to play it?" and I'm a DJ, so I know what I want to play.

They say that music is a universal language. EDM (electronic dance music) has always been innovative, but in this project, for example, you collaborate with Colombian reggaeton artist, J. Balvin in two songs and he also participated in the

composition process of them. How do you see this fusion with Latin urban music?

I think EDM has always been very popular in Latin America. I have been touring Latin America for many years and its always been amazing. And I think the approach is not so different. It's just wanting to make people feel happy, feel sexy and celebrate. Reggaeton is dance music, it's made to dance, you want to move your hips, that's what it's about... For me it's not crazy to collaborate, it's something natural.

I can imagine that the adrenaline of a live audience is unsurpassed, but how do you compare a live performance with being in the studio? What can your audience expect when they show up at one of your live concerts?

Actually everything

Actually, everything, for me, is connected. I mean, the whole world is different. I started as a DJ and then I became a producer, so for me, what motivates me most in the studio is that feeling that I cannot wait

to play this record and see the reaction. So, I'm always imagining what it will be like when I play it live. So, it is very connected. What motivates me to work those long hours in the studio is to imagine myself on a stage dropping the album. Some people ask me "are you going to do this all your life, when you are 60 years old?" Maybe... it's true that I could just be a producer, but it would be much less exciting.

How do you see the future of EDM in terms of its evolution as a musical genre?

I think people will always want to dance, and it's more like 'what makes them dance?' So, you know, EDM is linked to a certain sound, but before EDM, there was house, techno and house music was very, very strong. It's not about what it's called. This is all dance music and that will never die. There was disco, there was funk, there was house. EDM or whatever you want to call it, and reggaeton, are also dance music.

Why 'Head Full of Honey' was an 'emotional experience' for Nick Nolte

opens up about his new flick.



GREGORY WAKEMAN

Nick Nolte had no idea that his young daughter Sophia had any ambition of becoming an actress. But when writer and director Til Schweiger accidentally bumped into 10-year-old Sophia at Nolte's Malibu home during his visit to discuss the legendary actor playing Alzheimer sufferer Amadeus in an American adaptation of his German comedy-drama "Head Full of Honey," he instantly saw that she would be perfect as Tilda, Amadeus' granddaughter.

"When he knocked on the door, Sophie answered and said to him, 'You're Til Schweiger. I have seen



"Head Full Of Honey" opens in theaters this weekend. GORDON TIMPEN / WARNER BROS. PICTURES

your movie. Pretty good.' Then she walked away," Nolte recalls. "When he came back, he said, 'Who is that creature?' I said, 'That's my daughter.' He was like, 'Do you think she could play your granddaughter?

Four hours later, af-

ter persuading Sophia's mother, she was cast. But even though she has a three-time Academy Award nominee as a father, Nolte insists that she never asked him for any advice.

"A 10-year-old doesn't take advice," says Nolte. "You can give it, but they'll brush it off and won't accept it. Usually their instincts are better than yours. She was totally comfortable with it. Frankly, I think she is the best thing in the film."

While Nolte is extremely proud of Sophia's work in "Head Full of Honey," he is also beyond grateful for the intimate opportunity that the pair were given by working on the film together.

"I didn't really know she was ever interested in acting. Then it came out that she always had been. And she enjoyed it greatly. For me, I had an experience with my daughter that most people don't get an opportunity to have," says Nolte. "It created an intimacy. If you say, 'I love you,' to your daughter. She says, 'Come on, dad. You don't need to say that.' Or she doesn't want to hear you say that. But on the film I had to say that.

Nolte believes that their familial connection translated to the bigscreen, too, especially as Schweiger, who starred opposite his own daughter in the German version of "Head Full of Honey,"

tract the required emotion from Sophia.

"The advantage was I was her father, so that closeness was there," Nolte explains. "If Til was doing a close-up he would have me go away and then talk her through the scene. He is so good with working with children."

Sophie's performance is all the more impressive because of how heavy "Head Full of Honey" is, although Nolte is quick to insist that the film mixes "wickedly funny humor" with the "darker side" of how "dealing with a debilitating dementia disease impacts the whole family.

Nolte doesn't know if Sophia will continue with acting. For the time being, though, Nolte can rightfully bask and reflect in the glory of both his and Sophia's work in "Head Full of Honey.'







A Chinese tradition comes to N

Snug Harbor is hosting the city's first-ever Lantern Festival, with seven acres lit up with 3.000 lights forming magical creatures and landscapes.



EVA KIS va.kis@metro.us

A Chinese holiday tradition is coming to New York for the first time, with 3,000 lanterns lighting up the Snug Harbor Cultural

Center and Botanical Garden for the NYC Lantern Festival.

Starting Nov. 29, seven acres of the sprawling Staten Island park will be lit up by 40 LED installations up to 30 feet tall, numbering more than 750,000 lights. The lanterns will form landscapes and tunnels, as well as giant creatures like a Chinese dragon, Christmas ornaments and flowers.

The NYC Lantern Festival will also feature performances by Chinese dancers and traditional art, along with a variety of vendors and food trucks.

"I wanted to take a classic Chinese tradition and transform it into an unforgettable event in the United States," says Conglin Miao, one of the producers at New York Events & Entertainment, a new local production company focusing on cultural events. "I think of the NYC Winter Lantern Festival as an immersive, creative and unique display of lights and art, an awe-



inspiring place for everyone to enjoy."

Lantern festivals are a 2,000-year-old Chinese tradition, though usually held in Febru-

> mark the last day of New Year's festivities, according to the Chinese calendar. Snug Harbor is renowned for its authentic Chinese Scholar's Garden, based on the gardens popular during the Ming Dynasty (1368-1644 AD). All the structures and even paving materials came from Suzhou, China,

with the garden

featuring stunning rock formations, eight pavilions, a bamboo forest path, waterfalls, and a Koi pond.

The NYC Lantern Festival runs from Nov. 29-Jan. 6, 2019, and is open Wednesday, Thursday and Sunday from 5-10 p.m. and Friday and Saturday from 5-11 p.m. Snug Harbor is located at 1000 Richmond Terrace, Staten Island. Tickets are \$23 for adults, \$15 for kids, nycwinterlanternfestival.com





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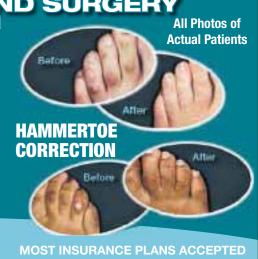
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Be consumed by love

What is the nature of love, and what forms does it take? The new, site-specific play "Consumption" explores the notion as Devin Burnam and Tracy Weller of Mason Holdings theater company take an audience of just 30 through the 90-minute drama. The lives of five disparate couples intertwine across time, space and even realities across several rooms of Brooklyn's 100-year-old Beverley Social Club. Through Dec. 8, 1016 Beverley Rd., Ditmas Park, \$25, mason.holdings

'BlacKKKlansman' with Spike Lee

As the Metrograph says, "Spike Lee's been so good for so long that it's easy to take him for granted." So they're giving the groundbreaking director a six-film retrospective from Nov. 30-Dec. 3, the highlight being a screening of his most recent hit, "BlacKKKlansman," about a Colorado Springs police detective, Ron Stallworth (John David Washington), infiltrating the Ku Klux Klan, with an in-person extended introduction by Spike Lee (Dec. 2, 7 p.m.). Another is "Summer of Sam," on Dec. 5, with a Q&A featuring stars Michael Imperioli and Victor Colicchio. 7 Ludlow St., \$15, metrograph.com

The past and future of photography

This month's Library After Hours is all about the art of photography — because libraries know we live in a visual world. The New York Public Library's afterhours party presents "Picture This," turning the clock back to the 1840s for a night of art, science and learning, plus crafts, talks, an illustration workshop, an Instagram challenge and more. Nov. 30, \$15 priority tickets with entry at 7 p.m., pay

what you wish after 8 p.m., Stephen A. Schwarzman Building, 476 Fifth Ave., showclix.com

An 'Asylum' worth getting locked up in

New York has a new comedy club, and it's ready for its big debut. Boston's renowned comedy shop Improv Asylum, which fuses sketch comedy with improvised scenes — think of it as a cross between "Whose Line Is it Anyway?" and "Saturday Night Live" — landed in Chelsea in early November, but they're making it official this weekend. Shows run 90 minutes and currently only on Friday and Saturday nights at 7:30 p.m. No two are alike, since the shows are totally interactive. This Friday, catch celebrity guest Sonja Morgan. 307 W. 26th St., improvasylum.com

Christmas comes to Queens

There's no more action-packed a day of free Christmas fun than at Astoria Park in Queens. The sixth annual Holiday Festival & Tree Lighting Celebration on the Great Lawn will have free train rides, a giant snow globe you can step inside for photos, balloon art, face painting, candy apples, hot cocoa, coffee and

juices from Higher Grounds, and music, ending in the all-important tree lighting. Dec. 1, 2-5 p.m., Shore Boulevard between Hell Gate Bridge and the pool, centralastoria.nyc

Meet Santa in the park

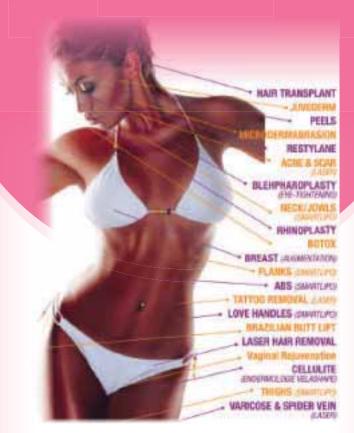
The flowers may not be blooming but the fun hasn't stopped at the Queens Botanical Garden. The annual Christmas in the Garden celebration kicks off a whole festive month of themed activities, with a day of performances by The Rough Dozen Acapella, photos with Santa (\$10-\$15), free holiday crafts and caroling, all ending in the tree lighting. Dec. 2, noon-5:30 p.m., 43-50 Main St., Queens, queensbotanical.org

Free latkes!

Beginning on the first night of Hannukah, the first 100 customers at Katz's Delicatessen in DeKalb Market Hall starting at 6 p.m. will get a free latke with their purchase. The food hall will also have live music, dreidelmaking, a puppet show, dancing and more family-friendly entertainment this Sunday from 2-5 p.m. Dec. 2-10, City Point, 445 Albee Square W., Brooklyn



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Most anticipated video games of the end of the year

Although there's only about a month left until the year ends, our consoles and laptops will not be running out of fun. After the Thanksgiving frenzy, the final stretch of 2018 comes with lots of titles that want to become part of your collection. Gabriel Huerta | MWN



"Fallout 76"

Bethesda will make an amazing leap when it releases "Fallout 76" for Xbox One, PlayStation 4 and PC. One of the most striking changes that this title will have will be to turn an experience that during the year had been for a single player into a massive online world that will take us to the east of the United States in a post-apocalyptic adventure in the Appalachian Mountains. With different factions to choose from and a world full of possibilities, fans of this game series can enjoy multiplayer experience. Release date: Now available

"Pokémon Let's Go Pikachu & Eevee"

Nintendo and The Pokémon Company released this adventure for Nintendo Switch. "Pokémon Let's Go Pikachu and Eevee" is a remake of the first Pokémon adventure but with truly impressive visual improvements. In addition, the title allows you to connect with what you have achieved on your cellphone with "Pokémon Go," as well as transfer the creatures caught within the mobile title.

Release date: Now available





"Super Smash Bros. Ultimate"

The biggest battle in the Nintendo universe will finally hit Switch with "Super Smash Bros. Ultimate." With all the characters and scenarios that have appeared in different versions of the game since 1998, this definitive version will also feature other guest characters such as Simon Belmont from "Castlevania" and "Metroid"'s Ridley. Thanks to Switch's portability, you can take the fight with you everywhere.

Release date: Dec. 7

"Just Cause 4"

For those who love generating chaos, touring large open worlds and performing wildly exaggerated action scenes, "Just Cause 4" is a perfect end-of-year title. Once again, you can control the main character, Rico Rodríguez, who on this occasion will visit the Latin American country of Solís, where he will have to face the most powerful private army in the world, Black Hand, which is causing problems. With improved game mechanics and a dynamic weather system that will allow you to experience flying through a hurricane, "Just Cause 4" is a game that adrenaline lovers will truly appreciate.

Release date: Dec. 4



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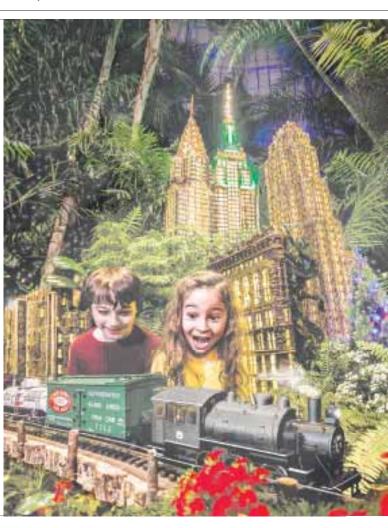
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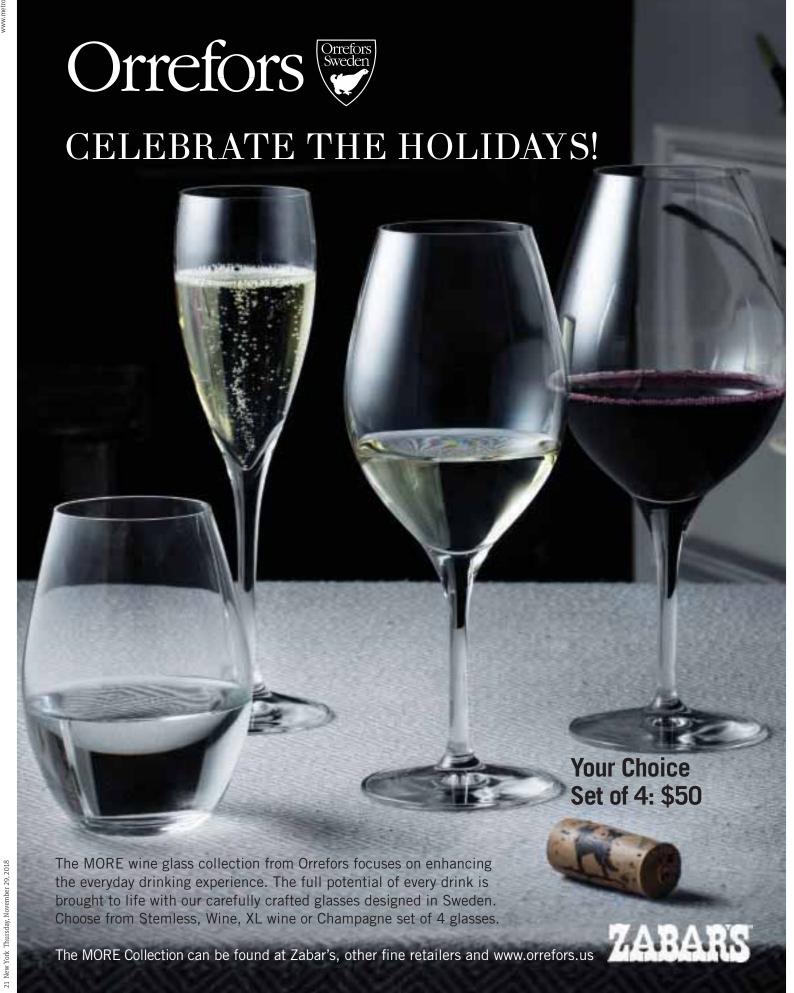
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Jessie James Decker teams with eBay for charity to get into the giving spirit

The singer and mother of three reveals her Toy Wish List and amazing giveaway to benefit the Save the Children Foundation



PAT KING atrick.king@metro.us

Now that we are headed into the holiday season, eBay is partnering up with pop-singer and mother of three Jessie James Decker to get shoppers into the giving spirit as they shop for presents for their loved

To get into the giving spirit, Decker has curated her very own eBay Toy Wish List with all of the proceeds of the sales on these items going towards the Save the Children Foundation. Starting today, and running through the end of the month, eBay shoppers can also bid in increments of \$5, \$15, \$25, or \$50 for the chance to win all of the items included on Decker's list.

We spoke with Decker to find out why giving is so important during this time of year and what kind of input her children had in coming up with her Toy List.

Tell us about this new partnership with eBay and Save the Children. Why is it so important to donate to charity this Holiday season?

The thing that I love about it is they are able to connect with so many different charities. It's not just one in particular. So I feel like it gives you the option of what you are most passionate



way?

We just saw what the

hurricane did wiping

out most of those com-

munities. Eric [Decker]

and I just went through

baby items to donate to

those families in need.

Even with the wildfires

tons of our things to find

about and they're able to connect that for you or for individuals. I love it. But, obviously, I'm a mother of three and Save The Children just resonated with me more than anything.

Was there a specific event or tragedy from the headlines to spoke to you in a profound

pened recently and it definitely inspired us to dig through anything that we had to donate to those in need. We had breast pumps, toys, diapers, and anything that you could imagine to try to help in some way or another. It definitely inspired my husband and I try to be as charitable as we can. It just takes one person to change another person's life. You've got to do what Absolutely. For example, you can. we have a home in the Gulf area of Florida.

How collaborative was the toy selection process for the list between you and your children?

in California, there have

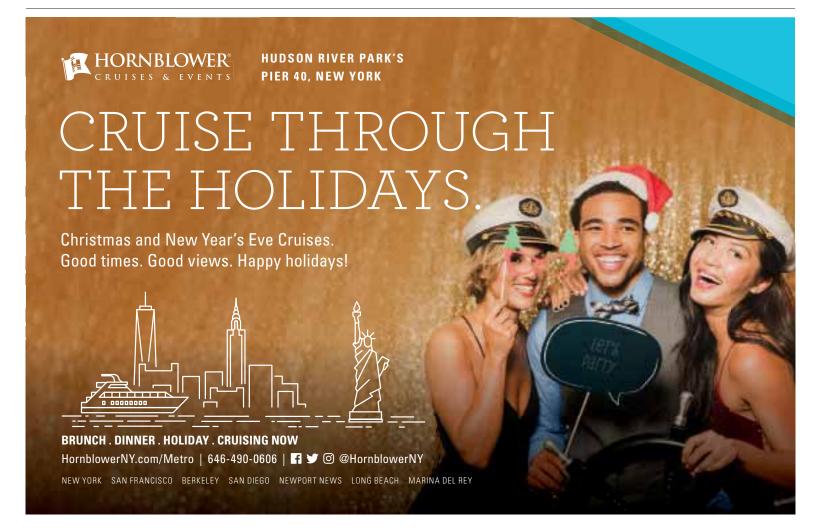
tragedies that have hap-

been so many terrible

I hear about toys because of my daughter. She's the one who informs me about what is cool and what's trendy. What's really funny is when I was

kind of looking through the list with eBay, the toys that I was going to suggest to them were already on the list. My daughter who is four and a half was already on the same page with eBay! I was like "how do you know what's cool and what's trendy?" I don't even remember being four and remembering what was a cool and trendy toy, but she does. She was talking about Hatchables and LOL Dolls. I was like "what are these things?" They were on the eBay list so I was like "Well, I guess Vivi knows and so does

Are there any toys your kids are excited about this holiday season? I think probably the Hatchimals. She has been talking a lot about that. I still don't quite



23

understand what they are, but I'm sure she'll explain them to me when she gets them for Christmas. My son, who is three, is obsessed with anything and everything Paw Patrol. He's been wearing this fireman's outfit so I put a Paw Patrol fire truck on the list for him. He'll be super excited because he doesn't have that yet and it will match his little outfit.

Do you have any plans for new music in the New Year?

I do! I am putting out an EP at the top of the year and I am going on tour starting in April. So, I'm really excited about that. Actually, through eBay, we're doing a little giveaway where two people can bid and come to my show and hang out with me backstage before I go on. Yeah, I'm really excited about music. I had a baby this year so it's been kind of hard to get on the road so next year I'm pretty much dedicating the whole year to music and getting back out there. I'm really excited to come back.





METRO.US

What to buy (and skip) in December



By the time December arrives, the countdown to Christmas is on. But don't let the pressure stop you from planning ahead.

Before you set out on bargain hunting trips this month, consult our list of what to buy (and skip) in December to save yourself time and money.

Buy: Toys

If your son or daughter is asking for a flashy



new toy or a cuddly stuffed animal this year, it's wise to buy in December; that's when toy discounts are likely to abound.

Expect great sales close to Dec. 25. And don't forget about Super

Saturday; retailers traditionally offer loads of savings on the last Saturday before Christmas.

Skip: Bedding

Cold weather may have you craving a new set of

flannel sheets, but don't throw out your old linens yet. Historically, the best pricing on bedding and linens happens in January during retail 'white sales." In the past, we've seen white sales at department

stores and online. For example, in

January 2018, Joss & Main offered up to 60% off patterned and multicolored bedding picks. Pottery Barn shoppers could save 20% on bedding, towels and

more. Overstock offered discounts of up to 70%.

Buy: Christmas decorations

The best discounts on holiday decorations will be after Christmas,





when big-box chains and department stores drastically cut prices (sometimes by as much as 80%) on artificial trees, ornaments, wrapping paper, stockings and other seasonal

closeout sales began on Dec. 24.

Skip: Jewelry

December might be one of the most popular months for marriage proposals, but it's not the best time to purchase an engagement ring. In general, try not

to buy jewelry close to holidays such as Christmas, Valentine's Day and Mother's Day. . Better deals typically are available during off-season times, when retailers are more eager to discount their

Buy: Cookies

inventory. No matter when you buy, try to negotiate price.

If you welcome any excuse to eat a cookie, how about getting one for free? Dec. 4 is National Cookie Day, and cookie shops will celebrate with sweet deals and freebies.

Last year, some stores offered free or discounted cookies to celebrate. Look for similar offers this year from your favorite grocery stores and dessert brands.

Skip: TVs

Black Friday, the day after Thanksgiving, is the ultimate deal day

on electronics, including television sets. If you missed the opportunity, you'll likely see additional TV deals in December.

But those who can hold out a bit longer will be rewarded with great prices leading up to the Super Bowl. Check for TV discounts in January and the first couple of days of Februarv.

Before the 2018 Super Bowl, retailers including Amazon, Target and Best Buy dropped prices on TVs. Best Buy, for example, offered up to 30% off some 4K TVs.

COURTNEY JESPERSEN



But if you want to buy some last-minute Christmas necessities for this year, expect discounts to increase as the holiday nears. In the staples. past, some Christmas

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26 metr TRAVEL

TripSavvy shares its favorite spots to hit the slopes.



The cold and snowy weather may be a pain for travelers this holiday season, but it's a blessing for outdoor enthusiasts looking to hit the slopes as soon as possible. Ski resorts throughout New England are benefiting from the recent wave of snowfall and frigid temperatures, which means they can get a head start on opening their doors this year. Since the 2018-2019 ski season is already in full swing, it's time to explore the best ski resorts so you can plan out your next mountain adventure. The popular travel site TripSavvy has

The *best* ski destinations in New England

shared its roundup of the Northeast's top ski destinations; not surprisingly, New England hot spots dominate the list.

Bretton Woods

Located in the White Mountains of New Hampshire, this fan-favorite spot is the largest ski area in the state, featuring 464 acres for skiing and snowboarding on 62 trails. In addition to its various ski offerings, Bretton Woods is also a great place to visit for a number of other winter activities, including ziplining and dogsledding. 99 Ski Area Rd., Bretton Woods, New Hampshire, brettonwoods.com

Killington

No list of the best ski resorts in New England would be complete without mentioning "The Beast of the East." The Vermont destination is a favorite among professional and amateur skiers, and is also home to the annual Killington Cup, which features some of the top athletes going head-to-head on the slopes each Thanksgiving weekend. "For groups of friends, we always recommend Killington," says TripSavvy general manager Molly Fergus. "The Beast of the East' has 212 trails — the most on the East Coast and one of the best aprés scenes in the region, including the legendary steakhouse and nightclub combo, The Wobbly Barn.

4763 Killington Rd., Killington, Vermont, killington.com

Loon Mountain Another beloved spot



along New Hampshire's White Mountains, Loon is a great destination for the whole family. Stop by to hit the slopes or enjoy a day of snow tubing, zip lines and other family-friendly activities. 60 Loon Mountain Rd., Lincoln, New Hampshire, loonmtn.com

Stowe

If you're looking to book a quintessential New England ski trip, it doesn't get much better than Stowe. The Vermont ski hub is one of the state's most popular skiing destinations, and is also home to the Vail Resorts' first East Coast property. 7416 Mountain Rd., Stowe, Vermont, stowe.com

Sugarloaf

Sugarloaf is the largest ski area this side of the Rockies and a perfect spot for more advanced skiers, according to the folks at TripSavvy. Sugarloaf also provides great views while you're out on the slopes, as it's the only place in the Northeast that has a lift with access to above-treeline skiing. 5092 Sugarloaf Access Rd., Carrabassett Valley, Maine, sugarloaf.com

Sunday River

Featuring 870 acres, 135 trails and glades, plus 2,340 vertical feet of fun, Sunday River is a great spot for skiers of all levels. Head to the fan-favorite destination to check out its eight awesome peaks before pampering yourself at the resort. And if you're down for a trip this weekend, swing by the mountain for Santa Sunday, where hundreds of skiers dressed as Santa will hit the slopes. 15 South Ridge Rd., Newry, Maine, sundayriver.com







BET BETTER

LATEST ODDS [NFL WEEK 13]

NEW ORLEANS (-8) AT DALLAS

ARIZONA AT GREEN BAY (-14)

CLEVELAND AT HOUSTON (-6)

BALTIMORE AT ATLANTA (-1)

CAROLINA (-3.5) AT TAMPA BAY

CHICAGO (-4) AT NY **GIANTS**

BUFFALO AT MIAMI

DENVER (-5) AT CINCINNATI

LA RAMS (-10) AT **DETROIT**

INDIANAPOLIS (-5) AT **JACKSONVILLE**

KANSAS CITY (-15.5) AT OAKLAND

NY JETS AT TENNESSEE (-8)

MINNESOTA AT NEW ENGLAND (-6)

SAN FRANCISCO AT SEATTLE (-10)

LA CHARGERS AT PITTSBURGH (-3.5)

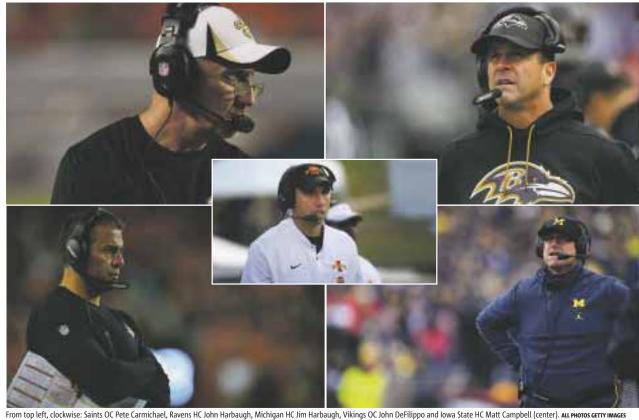
WASHINGTON AT PHILADELPHIA (-6)

LATEST ODDS [NBA: 11/29]

INDIANA AT LA LAKERS (-5)

LA CLIPPERS (-3) AT SACRAMENTO

MORE ODDS AT METROBET.US



5 Head-coaching candidates for Jets, should Todd Bowles get fired

It seems likely the Jets will be searching for a new head coach this offseason.



JOE PANTORNO

The clock is ticking on New York Jets head coach Todd Bowles as it is only a matter of time before his four-year run leading Gang Green comes to an end.

Due to a lack of suitable replacements within the team's current coaching staff, it looks like the 55-year-old will remain at his position until the end of a 2018 season that has fallen off the rails quickly.

After starting 3-3, the Jets have lost five straight games, with much of the blame being placed on Bowles' shoulders. The ire directed his way has been especially bad these past two games, a blowout 41-10 loss to the Buffalo Bills before rolling over in the second half

on Sunday against the New England Patriots.

Once Bowles shown the door — right now it seems more of a question of when, rather than if — Jets management will attempt to make the head-coaching vacancy look attractive to possible candidates.

It will be difficult, but there are a few things trending in the right direction.

Rookie quarterback Sam Darnold, currently injured, is the future of the franchise under center. He is expected to receive a lot of help during the offseason as the Jets have approximately \$90 million in cap space. That could yield a high-end talent such as running back Le'Veon Bell and more.

With the Patriots' stronghold on the division looking as though it's loosening with each passing week, the AFC East could be up for grabs in the coming years, leaving the door open for a properlybuilt Jets team to take over.

There will be no

shortage of promising candidates available this winter, which will increase the Jets' chances of landing the right guy. A few months separates management from having a concrete list of names, but here are a few that might be on the team's radar come this offseason:

PETE CARMICHAEL (Saints offensive coordinator)

Carmichael has run the Saints offense for the past 10 seasons now, and continuously has the unit near the very top of the NFL's ranks. It's not that hard to do when Drew Brees is your quarterback, Carmichael's offense has ranked in the league's top six in yards and top 11 in points every year since his arrival. The Saints own the NFL's No. 1 scoring offense this season, and that makes them one of the favorites in the NFC.

JIM HARBAUGH (U. of Michigan head coach) Jim Harbaugh's inability to beat Ohio State could

spell the end of his time in Ann Arbor after four seasons. The 54-yearold has brought about a resurgence at Michigan, although they've been unable make the College Football Playoff during his time. A high-energy coach with previous head-coaching experience at the NFL level (he led the 49ers to an NFC Championship in 2012), he could help with the culture change around the Jets locker

JOHN HARBAUGH (Ravens head coach)

Jim's brother, John, is expected to part ways with the Ravens after this season despite still being in the playoff hunt at 6-5. Harbaugh has won a Super Bowl, defeating Jim's 49ers in 2012. A head coach with a proven track record could bring some muchneeded stability to the fledgling Jets.

MATT CAMPBELL (Iowa State head coach)

The 38-year-old Campbell is a hidden star in the Big 12 as he's taken an Iowa State program overshadowed by the likes of Oklahoma and is on the verge of recording two straight eight-win seasons. He's not flashy, but he's an offensive-minded coach who is far more disciplined than the likes of Oklahoma's Lincoln Riley or Tennessee Titans offensive coordinator Matt LaFleur. That could be exactly what Darnold needs as he continues developing.

JOHN DEFILIPPO (Vikings off. coordinator)

It's noteworthy enough that DeFilippo has done well taking over for Pat Shurmur as Vikings offensive coordinator this year. What should be even more appealing to the Jets is that he helped develop Carson Wentz from a raw rookie to MVP candidate in just two seasons as Philadelphia Eagles' quarterbacks coach. Darnold is the Jets' top priority, which should make De-Filippo's ability to work with young quarter-backs a must-watch this offseason.

Are the Mets interested in Bryce Harper?

Brodie Van Wagenen is keeping tabs on baseball's biggest free agent.



The New York Mets are reportedly keeping tabs on the Bryce Harper situation as the winter meetings draw near.

As Major League Baseball's biggest free agent available on the market this offseason, the 26-year-old outfielder is poised to have one of the biggest paydays in the game's history on a contract that is likely to exceed \$300 million.

That kind of price tag almost immediately put the Mets out of contention as Harper's contract expired with the Washington Nationals last season. After all, the Wilpon family has not been known to open their checkbooks



While they might be longshots, the Mets are monitoring Bryce Harper's availability on the free-agent market. GETTY IMAGES

and splurge on top-tier talent often. Harper's name instead has been linked mostly with the likes of the New York Yankees and Philadelphia Phillies.

However, Puma of the New York Post reported that new

Mets general manager Brodie Van Wagenen is monitoring Harper, but there is "skepticism" that the Wilpons would allow such a move.

The Mets have been plenty busy this offseason as they've floated the name of star pitcher Noah Syndergaard on the trade market while suddenly becoming major players in a possible deal for Seattle Mariners second baseman Robinson Cano.

Those deals would present Van Wagenen to address more pressing areas of need. Whether it's by dealing Syndergaard or forcing the Mariners to sweeten the return in order to take on Cano's big contract, the Mets could get the bullpen or catching help they so desperately

Harper would create a logjam should the Mets make what would be their largest free-agency splash in franchise history. Their outfield is plenty set with the talents of Yoenis Cespedes, Michael Conforto and Brandon Nimmo.

Even if Harper's Scott agent claims were true and his client can play first base, it would obviously withhold star prospect Peter Alonso's ascension to the major leagues.

Granted, picking up the 2015 NL MVP and a player entering his prime averaging 32 home runs and 91 RBI per 162 games would provide an upgrade at any spot within the Mets' roster should they feel so inclined. It would make at least one notable name expendable, which would create an opportunity to get an even better return for those actual needs on the trade market.





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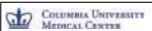
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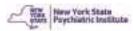
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- 19 Fraternity letter
- 20 Pauses
- 21 Part of a knife
- _ than; besides
- 24 J. Edgar Hoover's agcy.
- 25 Bar
- 27 Give a sermon
- 30 Fess up
- 31 Sandwich maker's need
- 33 Know-__; ability
- 35 Hockey score
- 36 Compensate
- 37 Actress Delany
- 38 Isn't __ to; probably won't
- 39 Bursting at the __; too full
- 40 Generous one 41 Wobble

metro.us/crossword

- 43 Ready for dinner
- 44 Stewart or Carew
- 45 Stupid
- 46 Toss
- 49 Skate smoothly
- 51 Spanish article 54 Not easily restrained
- 56 Student summons
- 57 Eaa on
- 58 Spend foolishly
- 59 Catch sight of
- 60 away; leaves 61 Follows orders
- 62 Burro

DOWN

- 1 Apiece
- 2 Kid in the next desk
- 3 Firmament
- 4 __ together; connect securely
- 5 Detest
- 6 Thrown for a __; confused
- 7 Uses a straw
- 8 Forest animal
- 9 Aviator Earhart
- 10 Family member
- 11 Observed
- 12 "How __ you!"; cry of
- outrage

- 18 Receded
- 20 Fired a gun
- 23 Work hard
- 24 Become unraveled 25 Heroic narrative
- 26 Embrace as one's own
- 27 Tiny vegaies
- 28 Constant
- 29 "__ thy father and thy
- mother"
- 31 Yoqi or Boo-Boo 32 Spinning stat
- 34 Cautious
- 36 Tall piece of marsh grass
- 37 Adams & Johnson
- 39 Stores away
- 40 Sand mound
- 42 Wears away
- 43 Trimmed shrubs
- Moore; brand of canned
- beef stew
- 46 Gangster
- 47 Sandwich type
- 48 Hit the ceiling
- 49 Snatch
- 50 Misplace
- 52 Mont Blanc's range
- 53 Devious
- 55 Deuce 56 "Who Wants to __ Mil-
- lionaire"

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9	6	8			3			
5			2	6	1	9		
	3	1				6		
		3			8			
	8	5				3	9	
			9			5		
		9				1	2	
		6	1	2	7			9
			5			8	7	6

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